

SAFEWAY

REAL BIG DEALS EVERY WEEK WITH YOUR CARD

It's Time to **Bake** —and— **Save!**

Stock Up 249 lb. Club Price!

MEAT SALE!

Rancher's Reserve® Boneless Beef Petite Sirloin Steak
Extreme Value Pack, Or Boneless Beef Tri-Tip Roast, \$3.99 lb. SAVE up to \$4.50 lb.

Pork Shoulder Country Style Ribs
Bone-In, Or Boneless Pork Sirloin Chop, Extreme Value Pack. SAVE up to \$1.50 lb.

Eating Right® Boneless Skinless Chicken Breast with Rib Meat, Thighs or Combo
Or Tender or Thin Sliced, \$2.99 lb. Extreme Value Pack. SAVE up to \$1.50 lb.

80% Lean, 20% Fat Ground Beef
Or 93% Lean, 7% Fat Ground Beef or 90% Lean, 10% Fat Ground Sirloin, \$3.99 lb. Extreme Value Pack. SAVE up to \$1.20 lb.

4.99 lb. Club Price! Wild Alaskan Cod Fillets
Previously Frozen. SAVE up to \$4.00 lb.

1.28 lb. Club Price! Pristine Green Seedless Grapes
SAVE up to \$1.21 lb.

188 ea. Club Price! Safeway Kitchens Variety Breads
24-oz. Selected varieties. SAVE up to \$14.

2.99 ea. Club Price! Safeway Farms Cafe Bowls
4.75 to 17.5-oz. Selected varieties. Regular Club Price: \$3.99 ea. Or Organic: \$4.99 ea. SAVE up to \$1.99 ea.

1.29 lb. Club Price! Navel Oranges
SAVE up to 20¢ lb.

5.99 Club Price! Bertolli Dinner for Two
24-oz. Selected varieties. SAVE up to \$2.00.

2.55 Club Price! Kellogg's Froot Loops
12.2-oz. Or Rice Krispies 12-oz. Cereal. Club Price: \$2.50 ea. SAVE up to \$1.54 ea.

5.10 Club Price! Healthy Choice Meals
8.75 to 12.5-oz. Selected varieties. Excludes Steamers. Club Price: \$2.00 ea. SAVE up to \$2.45 ea.

3.10 Club Price! refresher® Water
24-pack, 16.9-oz. Club Price: \$3.34 ea. Plus deposit in Oregon. SAVE up to \$1.67 ea.

2.56 Club Price! Florida's Natural or Safeway SELECT® Orange Juice
59-oz. Cooled. Selected varieties. Club Price: \$2.00 ea.

7.49 Club Price! Quilted Northern or MD Bath Tissue or Bounty or Sparkle Paper Towels
12-Roll Tissue or 9 or 8-Roll Towels. Selected varieties. SAVE up to \$2.00.

BUY 2 GET 2 FREE
12-Pack Coca-Cola
EQUIL OR LEMON FLAVOR
12-oz. cans. Selected varieties. Plus deposit in Oregon. SAVE up to \$11.99 ea.

AND GET 1 FREE
Nabisco Chips Ahoy!
8.5 to 14-oz. Selected varieties.

Pharmacy

Our Services Give You More!

Save Time

- Fill your prescriptions while you shop.
- Get auto refills on your prescriptions.
- By-appointment and walk-in immunization services* for tetanus, flu, shingles and more.

Our trained Pharmacists offer these services and many more.

*Restrictions apply. See Pharmacy for details.

We accept most major insurance plans.

\$1 Club Price! Pillsbury Cake or Brownie Mix
15.25 to 19.5-oz. Or 7.5 to 10.5-oz. Wilton Cupcake Liners.

\$2 Club Price! Safeway Premium Sugar, Wilton Sprinkle Sifts or Pillsbury Freezing
2 lb. Powdered Sugar, 1.5-qt. Sprinkle Sift or 15.6 to 16-oz. Freezing.

\$3 Club Price! Gold Medal Flour, Safeway Cooking Oil or Wilton Sprinkles
5-lb. Flour, 68-oz. Cooking Oil or 2.2 to 8-oz. Sprinkles.

3.49 Club Price! Tillamook Butter
16-oz. Regular or Unsalted.

5.99 Club Price! M&M's Large Bag
16.8 to 18.07-oz. Selected varieties. White supplies sold.

SAFeway COUPON
Valid 9/19 thru 9/25/12

Buy 3 Wilton Sprinkles and Get 1 Pillsbury Cake Mix FREE*

2.2 to 8-oz. Sprinkles or 16.25-oz. Cake Mix.

*Restrictions apply. See Pharmacy for details.

Food

Best Buy Meals

A healthy shopping guide for low-income households, "Good Food on a Tight Budget," has been written by The Environmental Working Group, a not-for-profit organization that marshals the power of information to protect human health and the environment. The book was done in collaboration with Share Our Strength's Cooking Matters, an organization that teaches families at risk of hunger how to get more food for their money and better nourishment from those foods.

The guide contains lists of "best buys" that pack the most nutrition for the lowest cost in each food group. These include bananas, watermelons, broccoli, raisins, romaine lettuce, barley, tuna, lentils/beans, eggs, turkey and cottage cheese. Price was the primary concern for the group's choices but experts then screened out foods that contain a lot of chemicals, like pesticides, or whose production creates greenhouse gases. Your food choice is one of the most powerful choices that you make every day that affects your environment. Some of the guide's top tips include buying grains in bulk, cooking dried beans to save money, mixing your own cooking sprays and substituting yogurt for cream in recipes. Researchers based the weekly plan on the government's Supplemental Nutrition Assistance Program budget of \$5 to \$6 a day. Healthy food is affordable, but it's definitely a different style of eating. It's a back-to-basics style of eating. There's not a lot of room for extras. It's challenging

Fresh Salad

Leafy Greens

mixed greens
romaine lettuce
spinach
a mix of what you have on hand

Select veggies

broccoli
carrots
red cabbage
snow peas

Tasty Toppings

sliced almonds and tangerine slices
avocado and cooked red beans
leftover chicken, sliced fresh cranberries and toasted sunflower seeds
diced pear and walnuts
cooked garbanzo beans and homemade whole-wheat croutons— cut up and toast stale bread

Preparation:

1. Rinse, drain and chop 4 cups of leafy greens. Put in a bowl.
2. Rinse and chop ½ cup of each of the vegetables and add to the bowl.
3. Add ½ cup salad dressing (recipe below).
4. Finish with ½ cup of the optional tasty toppings.

SALAD DRESSING:

Oil

olive
sunflower
whatever you have
Olive oil mixed with a low cost oil to add lots of flavor for little money.

Citrus or vinegar

lemon, lime or orange juice
or mix 1 tsp Dijon mustard and vinegar

Seasoning

salt, pepper, garlic, fresh
or dry herbs: parsley, rosemary, thyme, etc.

Preparation:

1. Mix 2 parts oil with 1 part citrus or your choice of vinegar. 2 servings is 5 Tbsp oil plus 2 ½ Tbsp of vinegar.
2. Flavor with your choice of seasonings, to taste.

SEPTEMBER 19 20 21 22 23 24 25 Wednesday, September 19 thru Tuesday, September 25, 2012. ALL LIMITS ARE PER HOUSEHOLD, PER DAY. Selection varies by store.

Prices in this ad are effective 8 AM Wednesday, September 19 thru Tuesday, September 25, 2012 at all Safeway stores in Oregon (except Milton-Freewater) and 3 W. Washington stores serving Washington, Clatsop, Clark, Skamania and Klickitat Counties. Items offered for sale are not available to other dealers or wholesalers. Sales of products containing epinephrine, pseudoephedrine or phenylephrine are limited by law. Quantity rights reserved. SOME ADVERTISING OFFERS MAY NOT BE AVAILABLE IN ALL STORES. Some advertised prices may be even lower in some stores. On Buy One, Get One Free ("BOGO") offers, customer must purchase the first item to receive the second item free. BOGO offers are not 1/2 price sales. If only a single item purchased, the regular price applies. Manufacturers' coupons may be used on purchased items only — not on free items. Limit one coupon per purchased item. Customer will be responsible for tax and deposits as required by law on the purchased and free items. No liquor sales in excess of 52 gallons. No liquor sales for resale. Liquor sales at licensed Safeway stores only. © 2012 Safeway Inc. Availability of items may vary by store. Online and in-store prices, discounts and offers may differ.

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